Active&Fit ENTERPRISE™

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A Complete Fitness Program

The Active&Fit Enterprise™ program supports every unique member.

National Fitness Center Network

Access a network of participating fitness centers. You also have access to Premium locations. These include fitness centers, studios, and unique fitness experiences, for a buy-up price.[1]

On-Demand Workout Videos

Visit **ActiveandFit.com** to find workouts for all fitness levels.

Workout Plans

Answer a few online questions about your fitness level and goals. You'll get a custom workout plan.

Fitness Tracking

Sync your fitness tracker or mobile app to the Connected! tool so you can track your activity.[2]

Go to **ActiveandFit.com** to get started today!

Do you have questions? Call us toll-free at 1.877.771.2746, Monday through Friday, 7 a.m. to 8 p.m. Central time.

[1]Fitness center participation may vary by location and is subject to change. Fees vary by Premium location. Please refer to the fitness center search on the Active&Fit Enterprise website.

[2]Purchase of some compatible fitness trackers or apps may be required to use the Connected! tool and aren't reimbursed by the Active&Fit Enterprise program. Your use of the Connected! tool serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive details about your tracked activity.

The Active&Fit Enterprise program is provided by ASH Fitness, a subsidiary of American Specialty Health Incorporated (ASH). All programs and services aren't available in all areas. Please talk with your doctor before you start or change your workout routine. Persons shown aren't Active&Fit Enterprise members. Active&Fit Enterprise and the Active&Fit Enterprise logo are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Nonstandard services at fitness centers that call for an added fee aren't part of the Active&Fit Enterprise program.

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